



CHINESE PORK & VEGGIE STIR-FRY

with Crushed Peanuts



Make a stir-fry with oyster sauce



Jasmine Rice



Garlic



Brown Onion



Carrot



Red Capsicum



Snow Peas



Oyster Sauce



Pork Strips



Crushed Peanuts



Hands-on: **35 mins**
Ready in: **35 mins**

Whip up a tasty bowl of quick-cooking pork strips tossed with colourful veggies and an easy sauce packed with umami flavours. It's a takeaway standard made at home in a flash!

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** with a **lid** • **large frying pan** or **wok**



1 COOK THE JASMINE RICE

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



2 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **red capsicum** into 2cm chunks. Trim the **snow peas**. In a small bowl, combine the **oyster sauce**, **soy sauce**, **brown sugar** and **water (for the sauce)**. Set aside.



3 COOK THE PORK

In a large frying pan or wok, heat a **drizzle of olive oil** over a high heat. Add **1/3** of the **pork strips** and season with **salt and pepper**. Cook, tossing, until browned, **2-3 minutes**. Transfer to a large bowl and cook the **remaining pork**. **TIP:** Browning the pork in batches over a high heat prevents the meat stewing and ensures a tender result. The pork will finish cooking in step 5.



4 COOK THE VEGGIES

Return the frying pan or wok to a medium-high heat with a **drizzle of olive oil**. Add the **onion**, **carrot** and **capsicum** and cook until starting to soften, **4-5 minutes**. Add the **garlic** and **snow peas** and cook, tossing often, until just tender, **1 minute**.



5 BRING IT ALL TOGETHER

Return the **pork strips** to the pan along with the **oyster sauce mixture** and cook, tossing, until well combined and the pork is cooked through, **1-2 minutes**.



6 SERVE UP

Divide the jasmine rice between bowls and top with the oyster pork and veggie stir-fry. Sprinkle the **crushed peanuts** over the adult's portions.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water* (for the rice)	2½ cups
jasmine rice	2 packets
garlic	3 cloves
brown onion	1
carrot	1
red capsicum	2
snow peas	1 bag (200g)
oyster sauce	1 tub (100g)
soy sauce*	2 tbs
brown sugar*	1½ tbs
water* (for the sauce)	1 tbs
pork strips	1 packet
crushed peanuts	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2570kJ (614Cal)	530kJ (127Cal)
Protein (g)	40.6g	8.4g
Fat, total (g)	9.9g	2.0g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	88.7g	18.3g
- sugars (g)	22.9g	4.7g
Sodium (g)	2570mg	530mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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